SAFETY CHECK

With the onslaught of winter quickly approaching, Fairchild members are encouraged to carry their winter road side kit in their cars. For information on the kits contact the 92nd Safety Office at 247-2141.

Vol. 9, No. 39

92nd Air Refueling Wing • Fairchild AFB, Wash.

Sept. 30, 2005

TEAM FAIRCHILD

Global News



"The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case, it is a failure of leadership."

> - Colin Powell **Former Secretary of State**

LOCAL NEWS

Commander: Fairchild ready for mobility A2

Team Fairchild proves it's ready for global mobility operations, as it has throughout history.

New phone service offers convenience A3

New DSN direct number makes off-net calling a snap for DSN subscribers.

Search for stars on

Fairchild A3

moose?

Fairchild Airmen have opportunity to compete in this years Nell Buckley Performing Arts Search for the Stars Talent Contest. Pics of the Week B1 Submitted photos highlight family, friends and a

GLOBAL NEW

Rehab center to target rebuilding lives A4

40 million dollar rehab center and lodging complex will serve wounded troops and veterans who sustained major injuries.

President Bush welcomes DoD talks on disaster response A4

President Bush urges Congress to consider whether DoD should play role in disaster response.

Weekend Weather

TODAY - L 50° H 66

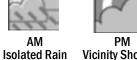


Isolated Rain SATURDAY - L40° H56



AM Isolated Rain **Rain Showers SUNDAY - L 40° H 53**







Vicinity Showers

Following months of preparation filled with many challenges and obstacles, the 92nd and 141st Air Refueling Wings earn an . . .

EXCELLENI

By 1Lt. Ethan Stoker

92 ARW Public Affairs

The Base Theatre was packed Thursday as the Air Mobility Command Inspector General Team announced that Fairchild earned an overall EXCELLENT rating for its performance during the Expeditionary Operational Readiness Inspection last week and an EXCELLENT for the 8044 EORI portion.

Fairchild underwent its 8044 inspection September 15-17. AMC Inspectors focused grading in

four major areas; unit generation, employment, mission support, and safety/defensive counter-information.

Following the completion of the 8044 Inspection, Fairchild Personnel began soon after deploying for the EORI to Alpena Sept. 19 and completed redeployment back to Fairchild Sunday. Upon their return, all participants were greeted and offered congratulations as they exited their jets by Col Scott Hanson, the 92nd Air Refueling Wing commander, and other group and squadron commanders.

"I am proud of the great work and

effort that was put forth by each of our Airmen at Alpena and those here at Fairchild. Each member of this wing exemplified professionalism and team work in carrying out our mission. We have successfully demonstrated our capabilities and what we bring to the fight!" Colonel Hanson said.

For a better part of a year, Fairchild personnel have been fine-tuning their skills in preparation for these major inspections.

The purpose of the 8044 inspection is to assess a unit's ability to accomplish its OPLAN 8044 tasking within the constraints of a peacetime environment and a limited time frame. Aircrew and aircraft generation as well as command and control are primary areas looked at

The purpose of an EORI is to focus on Unite Type Code-level and assess readiness against published standards. EORIs include IG-Generated exercises and Readiness Assessment Teams, which are direct observations of realworld operations, such as AEF cycles.

When asked how Fairchild performed during the EORI, Col. Philip Swanson, commander of the

See ORI, Page A3

AAFES Manager: "The industry is still assessing the damage. Complete recovery estimates will not be known for some time"

No Fairchild gas supply shortages expected

By Master Sgt. Scott King 92nd ARW Public Affairs

Just weeks after Hurricane Katrina, Army & Air Force Exchange officials were anticipating another serious disruption to the fuel industry as a result of Hurricane Rita. Although Rita caused significant damage, it did not directly hit refineries on the Texas coast — putting some fuel shortage fears to rest.

Weather forecasters predicted Rita could hit the coast of Texas by Saturday, but instead she came ashore near the Texas and Louisiana border with winds near 120 miles per hour. Texas has the highest concentration of oil refineries in the country and accounts for more than a quarter of the U.S. total refining capacity.

Seven of the 15 refineries that had shut down ahead of Rita, reported plans to restart quickly, amounting to nearly 2 million barrels per day of capacity, while major pipelines and the nation's only offshore oil port resumed operations.

AAFES management has been keeping an eye on developing situations in the wake of both Hurricane Katrina and Rita.

Major suppliers had already evacuated workers from gulf oil and gas platforms and drilling rigs, said Bob Ellis, AAFES vice president of Corporate Planning and Communications. This had the potential to affect many AAFES facilities in the Continental United

AAFES operates 249 gas stations worldwide, and has 177 locations in the Continental United States, including Fairchild.



An Airman from the 505th Air

Expeditionary Group guards

his post during the Operational

Readiness Inspection Sept. 22.

Photo illustration by Staff Sgt.

Nathan Gallahan.

Master Sgt. Scott King

Master Sgt. James Nozawa, 141st ANG Security Forces Squadron, fills his vehicle with gas at the shoppette

"No major shortages are anticipated at this time at Fairchild's gas station," said Matt Buan, Fairchild AAFES general manager. "The refineries near Houston and Galveston did not experience major damage as anticipated and therefore, some of the refineries are already operational. The industry is still assessing the damage. Complete recovery estimates will not be known for some time."

The pipelines that carry both crude oil and products out of the Gulf Coast's Refinery Row are waiting for refineries to start up again before they start operating at full rates.

Most oil and gas producers are still assessing the damage brought by Rita on their exploration and production facilities.

According to the Minerals

Management Service, 100 percent of the crude oil production and 80.47 percent of natural gas production from the U.S. Gulf were shut down as of Sunday because of Rita.

The base may see some brief interruptions of the fuel supply.

"If there are interruptions, it will only be for short durations," Mr. Buan said. "It could have been a lot worse if the hurricane had continued on its projected path into the Houston-Galveston area. The petroleum industry could have seen shortages for longer periods of time as well as much higher prices. But, because it made landfall to the East of that area, it hopefully will not be as bad as people were predicting – time will tell."

(Some information in this article was obtained from an AAFES Press Release and through Reuters Wire Service)

ONE TEAM, ONE MISSION Fairchild team aids with Katrina relief

By Jennifer Chiras 92nd Services Squadron

Labor Day weekend means to most a time to relax, enjoy the outdoors and grill out in the backyard. However, last Labor Day weekend was very different for nine individuals.

Several 92nd Services Squadron members got a call Sept. 3 that they were going TDY to Keesler Air Force Base, Miss., to help with the Katrina Relief effort.

The Services team members included Tech. Sgt. Jason Borden, Staff Sgt. Terry Lesher, Senior Airman Oniqua White-Muldrow, Airman 1st Class Chenoa Speed, Airman 1st Class Ira Hayes, Airman 1st Class Ines Quiroga, Airman 1st Class Ernesto Cabrera-Ramirez, Airman Joseph Sommer and Airman Melissa Calso. The day after receiving the phone these team members were on a plane to the scene, ready to help with what tasks lay ahead of them. The team arrived in Mobile, Ala., and rented cars to drive the remaining miles to Keesler.

"It was eerie when we got there because you could tell what had happened," Airman Sommer said. "One of the bridges was shut down and boards from people's houses were everywhere."

The main areas on Keesler that were hit the hardest were the Commissary, Base Exchange and housing that surrounds the base.

"The Commissary and BX were flooded and you couldn't walk by it because it smelled so bad," Airman Cabrera-Ramirez said. "Our main mission was to make sure that Keesler got up and running while we were there."

The team did everything from cleaning dining and lodging facilities, the recreation center and the marina, to helping many military families and civilians clean up their property off base.

There was one dining facility out of five open when the team arrived. By the time the team left Sept. 21, another one was opened.

"We cleaned more than 1,400 lodging rooms in three days for people that had no housing or needed a place to stay with their pets," Sergeant Borden said.

See RELIEF, Page A3



Now through Oct. 15 is

HERITAGE MONTH A3

NEW TRACK B1 3/4 mile track built at Warrior Park



DATE RAPE B1

Fairchild Airmen encouraged to report "date rape" incidence

Fairchild ready to support global mobility operations

By Col. Scott Hanson Commander, 92nd ARW

EXCELLENT! After months of preparation, eleven straight days, and two consecutive major inspections, the waiting is over – Team Fairchild has demonstrated we are superbly prepared to accomplish our wartime missions. While the IGs report is finalized and approved by the AMC commander, the outbrief on Thursday was clear - the **Professional Expeditionary Airmen** of this wing demonstrate a commitment to excellence and are ready to support Global Mobility operations around the world!

Your enthusiasm was evident as the Inspector General recapped the teamwork and tremendous sense of urgency they observed during both the OPLAN 8044 inspection, and the Wing ORI. They also highlighted a sampling of our Outstanding Performers by presenting them with IG coins on-stage. I know there are numerous other exceptional performers whose motivation and winning attitudes helped gel the team during critical portions of the inspections. Suffice it to say you all can be very proud of your efforts – I am! And when our nation calls, we can say loudly and clearly - We Are Ready!

Mobility Heritage

As we reflect on our mobility role in today's world, it's instructive to recount some of our rich military history. On this day in 1949 the Berlin Airlift came to an end. In June 1948 the Soviet Union instituted a ground blockade between the Allies (US, Great Britain and France) and the people of West Berlin. The intention of the Soviet Union was



Col. Scott Hanson Commander, 92nd ARW

to halt western support to that city and extend Soviet influence in the European theater. America and her Allies responded swiftly by airlifting thousands of tons of supplies to the people of West Berlin through several narrow flight corridors. After flying more than 278,000 missions, airlifting more than 2.3 million short tons of cargo and transporting more than 236,000 passengers, American and Allied airpower broke the resolve of the Soviet Union...the roads to Western Berlin were once again open to the free world.

Today the United State's ability to project Air Power is even more crucial than ever. Although the Cold War is over, we've entered into a new era. We face a world with different threats and are now engaged in a Global War on Terror. At the forefront of this battle is the USAF's ability to provide Rapid Global Mobility anywhere in the world. The proud Airmen of this wing are an integral part of America's global reach capability.

America's Air Force!



Lt. Col. Richard Binger, commander, Survival Recovery Center, consults with his SRC staff during an exercise scenario at Camp Airey in August.

SECAF — The State of the Force - 2005

Acting Secretary of the Air Force Pete Geren

Excerpts from a speech given to the Air Force Association's Air and Space Conference opening day keynote address held in Washington Sept. 12.

Our Airmen are doing outstanding work across the globe and deserve everything we can do to help them prepare themselves and we're far from done. As General Moseley and I see it, we have three priorities we need to work: Accomplishing today's missions, from hurricane relief to our on-going War on Terrorism, developing our Airmen and maintaining our culture of excellence and recapitalizing and modernizing our aging air and space fleet – the oldest fleet in Air Force history.

15 Years of Air and Space Warfare

We face a continuing commitment to the Global War on Terrorism, not just in Iraq and Afghanistan, but around the globe. But that comes as no surprise to America's Airmen. The U.S. Air Force has been in combat for the past 15 years - first in Desert Shield and Desert Storm. And, continuing over Iraq with Northern and Southern Watch and, in the skies over Bosnia and Kosovo. After Sept. 11, in the skies over our own lands and into Afghanistan and Iraq. Those 15 years have helped us adapt our force to meet the threats of the 21st century -- not just those of terrorism and insurgencies, but also the risk of a more conventional adversary and retain a hedge against the unexpected.

Fighting Today's Wars -- GWOT

We continue to be an Air Force at war around the globe, 24 hours a day, seven days a week. Our support for the Global War on Terror has been so dependable and successful, to the general public, it is almost invisible. Iraq and Afghanistan are seen as Army operations now that major combat is over, but the Air Force continues to play a vital role.

Over 1,000 Airmen from the transportation, security forces, personnel, and medical fields have trained to provide convoy security. In fact, we have 2,500 Airmen in Iraq and Afghanistan filling Army billets as drivers, security and communications personnel, fuel technicians, and a variety of medical,

logistics, intelligence, civil engineering, and base operating support jobs -- that is the Joint Force in action. Each of those Airmen frees up a soldier to fill Armyspecific roles.

Airmen, the Total Force, are engaged around the world.

We have nearly 30,000 Airmen deployed worldwide, including nearly 4,000 Air National Guardsmen and over 2,000 members of the Air Force Reserve. We have 310 aircraft deployed flying over 60 missions a day in Afghanistan and nearly 180 over Iraq.

But that's just the tip of the iceberg – we actually have over 200,000 activeduty Airmen supporting the Combatant Commander every day. The nearly 30,000 that are deployed plus the many more who support from overseas bases or directly from the United States.

Fighting Today's Wars -- Disaster Relief

Along with combat operations in the Global War on Terror, we remain involved in another sort of war – a war to save lives threatened by natural disaster. Last May we observed the 55th anniversary of the lifting of the Soviet blockade on Berlin. The incredible achievements of the Berlin Airlift set a standard for humanitarian relief and a reputation for excellence for today's Airmen to meet.

Here at home, we remain deeply involved in relief operations across the South in the wake of Hurricane Katrina. While the severity of the damage shocked us all, your armed forces were ready and moving. Before Katrina had hit land, the USS Bataan had moved out to sea, ready to go where it was most needed. By Sunday (Aug. 28), military officers were already arriving to coordinate our efforts with local officials. By Tuesday (Aug. 30), Lieutenant General Honore and his task force had arrived to support relief operations.

And by Wednesday (Aug. 31), we had reached a high of 150 military helicopters in the air. Today, there are 18,000 active-duty Soldiers, Sailors, Airmen and Marines alongside 45,000 National Guardsmen working to save lives and relieve suffering alongside emergency services personnel from across the country, including nearly 8,000 active, Guard, and Reserve Airmen.



Pete Geren Acting Secretary of the Air Force

And our airlifters brought in more than 11 million pounds of supplies and equipment--and evacuated more than 27,000 people to safety.

Solution -- Air Force Core Values

That's critical – because in the end, all three of our struggles depend on one thing - the dedication, skill, and integrity of our Airmen. Their devotion to our Core Values – Integrity First, Service Before Self and Excellence in All We Do.

The Integrity involved in checking a target for potential collateral damage, or in rejecting a contract bid that has been obviously low-balled.

The Service Before Self of Airmen who willingly place themselves in harm's way to fight our nation's wars - and who send their families to safety while they stay to reopen an airfield after Hurricane Katrina.

And the Excellence that permeates everything they do - from flying satellites and watching for insurgents to dropping bombs on those who would do us harm or dropping food to those in need.

I am certain that these Airmen – and the Core Values they hold dear – will continue to serve us well in decades to come.

Distinctive Capabilities

No matter what the outcome of the QDR, some aspects of our preparations remain constant. We will focus on two

areas: Our core competencies – our means of producing battlefield effects, and on developing airmen - the men and women who bring those effects to life

These core competencies: Rapid Global Mobility, Information Superiority, Agile Combat Support, Precision Engagement, Global Attack, and Air and Space Superiority encompass everything we do.

Our efforts at modernization and recapitalization are focused on improving our abilities in our core competencies. Many are linked, like our Joint Warfighting Space initiative. Or the on-going tanker analysis of alternatives, which touches on both Rapid Global Mobility and Global Attack.

Developing Airmen

But all these great ideas and new systems are worthless without one thing – the men and women that operate them. Developing Airmen who are ready to meet the challenges of the 21st century is even more important than having the right systems and infrastructure.

Our greatest asset – our most powerful weapon – is our Airmen. We must develop our people to the limits of their ability. Getting them the right training and experience to grow the leaders, both officer and NCO, we will need for the future.

Training that focuses on three critical areas: Character, Knowledge, and Readiness.

Character – to reinforce our Core Values -- values that are critical to everything we do and values that tie all Airmen together in bonds of trust and respect.

Knowledge – to provide our Airmen with both depth and breadth -- depth to make them experts with their weapons systems and breadth so that they can understand the context in which they employ them. Together, depth and breadth allows for innovation – the ability to find new ways to employ existing systems to accomplish mission objectives.

And finally Readiness – to maintain ourselves as the world's premier expeditionary force -- ready to respond on a moment's notice to conduct major military operations around the globe or defend our nation's cities and towns. Ready to respond to disasters and catastrophes around the world or just down the highway. Ready to face an uncertain future...an unpredictable foe.

COMMANDER Col. Scott Hanson

PUBLIC AFFAIRS CHIEF Capt. Nicholas Sabula

SUPERINTENDENT Master Sgt. Scott King

NCOIC OF INTERNAL **INFORMATION** Staff Sgt. Nathan Gallahan

> **NEWS EDITOR** Senior Airman

Christie Putz

FEATURES EDITOR

Senior Airman Nathan Putz

PHOTOGRAPHIC SUPPORT 92nd Visual Information

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E-mail submissions to: fairchild.connection@fairchild.af.mil

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LET US **KNOW WHAT** YOU THINK!

Letters to the Fairchild Connection editor and staff may be sent to fairchild.connection@ fairchild.af.mil or

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Master Sergeant Steven Hayton, aircraft maintainer, recovers a KC-135 Stratotanker that arrived at the 505th Air Expeditionary Wing. Representatives from the 92nd Air Refueling Wing and 141st ARW combined forces to create the 505th AEW to participate in an **Operational Readiness** Inspection in Alpena, Mich.





Airmen run to their aircraft during an OPLAN 8044 inspection. Aircrew and aircraft generation as well as command and control are primary areas looked at during an OPLAN 8044 inspection.

ORI, continued from A1

505th Expeditionary Wing said, "We were well trained and prepared for this inspection. Each person performed their tasks exceptionally well and made contributions that enhanced the overall success of the 505th Air Expeditionary Wing's mission.'

During an EORI, IG assesses UTCs from various units, combined into an expeditionary wing or group. The goal is to provide doctrinally sound scenarios that emphasize team building and foster an expeditionary culture, thus mirroring real-world operations. An IGX measures totalforce capability being phased in and out of the exercise in such a manner

that it simulates the buildup of an expeditionary wing or group.

Major graded areas of the EORI are: Initial Response which encompasses the command and control and execution and management of deployment processes. Employment, which is the safe delivery of passengers, patients, fuel, and cargo to the correct place, in the proper sequence, on time. Mission Support, which is critical support to facilitate mission accomplishment and directly affects the unit's ability to perform its wartime mission, and lastly, Ability To Survive and Operate.

In April, Fairchild sent a Ready

Assessment Team to Eglin Air Force Base for an ORI on a UTC for Security Forces. Senior Master Sgt. Todd A Epperson, team chief HQ AMC/IG said, "Personnel proved themselves to be motivated, knowledgeable and extremely capable to carry out the Air Base Defense mission." The team received an EXCELLENT rating.

Then in July, Fairchild sent a RAT for an ORI at Scott AFB, providing air refueling support to Travis AFB. Two UTC's were present, one from Maintenance, and one from Aviation. Both received an EXCELLENT rating. "Members of the 92 ARW displayed exceptional teamwork

while successfully demonstrating their ability to perform their wartime mission," said Col. John C Lucas, team chief HQ AMC/IG.

"I'm confident in the base's ability to take our personnel and assets into any war time environment and perform exceptionally well," Colonel Hanson said. "The pride and professionalism of Fairchild will continue to reflect in any contingency that the Air Force or AMC may ask us to respond to."

(Editor's note: Fairchild's 8044 and EORI ratings will be finalized upon approval from the AMC commander or vice commander in the absence of the commander).

Family and teen talent night less than a week away

By Senior Airman Nathan Putz

92nd ARW Public Affairs

Air Force-wide community centers, in conjunction with the family and teen programs, host the eighth annual Nell Buckley Performing Arts Series Search for the Stars Family and Teen Talent Contest, Thursday at 7 p.m. at Club Fairchild.

"This is a wonderful opportunity to show off our talent at Fairchild," said Christine Rowe, Family Member Programs Flight Chief, 92nd Services Squadron.

All types of talent from the Fairchild military community are invited to participate, including all ages and backgrounds.

"Some of Fairchild's contestants have gone on to be part of Tops in Blue and even tried out for American Idol," Mrs. Rowe said.

This program reinforces creative expression and helps youth gain a better appreciation of the performing arts. The program also provides a positive family experience for the entire base population. All Airmen interested in auditioning for Tops in Blue can also compete in this contest.

Tops in Blue is known as the entertainment showcase of the United States Air Force for more

The Tops in Blue team is composed of active duty military members who travel to 22 countries and perform more than 150 shows.

"For the last six consecutive years, contestants

from our talent show have been selected for Tops in Blue," Ms. Rowe said.

All Tops in Blue contestants will be video taped and tapes will be submitted to the Air Force Worldwide Competition. Finalists from the Worldwide Competition will be notified and invited to compete for the 35 Tops in Blue spots during a two week audition at Lackland Air Force Base, Texas.

Interested contestants can pick up the contestant handbook and register at the Deel Community Center. Volunteers are also needed to assist with

The deadline to sign and compete is Monday. For more information, call the Deel Community Center at 247-2619.

National Hispanic Heritage Month celebrated

By Ken Lucero 92nd Medical Group

National Hispanic Heritage Month – celebrated from Sept. 15 through Oct. 15 each year - is our nation's way of honoring and celebrating the rich history, traditions, culture and contributions of our Hispanic Americans. As the nation's largest minority group, Hispanic Americans are helping forge the success that the United States of America is today.

In every major American military conflict, Hispanic Americans have served with heroism and pride. Thirty-eight Hispanic Americans have earned our Nation's highest military decoration, the Medal of Honor. In addition, notable Hispanic Americans currently serve with distinction in our civilian sectors as well. For instance, earlier this year, President Bush appointed the nation's first Hispanic Attorney General, former AF member, the Hon. Alberto Gonzales.

Two Hispanic Americans are represented in the U.S. Senate: Senator Ken Salazar of Colorado and Senator Mel Martinez of Florida. Arturo Moreno, a fourth-generation Mexican American, is the first Latino team owner in major U.S. sports after purchasing the Los Angeles Angels of Anaheim.

Director Robert Rodriguez (Desperado trilogy, Spy Kids trilogy, and The Adventures of Shark Boy and Lava Girl in 3-D) has seen success in amassing over \$565 million. And we would be remiss not to mention the impact that New Mexico's Governor Bill Richardson has had on our nation as a former US Congressman, US Ambassador to the United Nations and US Secretary for the Department of Energy.

As the Chairman of 2004 Democratic National Convention and the current Chairman of the Democratic Governor's Association, his hard work and vision have earned speculations that someday he may be considered a strong and viable candidate for the nation's top office.

All Americans, regardless of origin, can celebrate the Hispanic American spirit and its positive influence on our nation's culture and development.

On October 14th, the 92nd ARW invites you to join in celebrating National Hispanic Heritage Month at Club Fairchild.

A buffet-style lunch will be served with delicious menu items such as chicken enchiladas, Spanish rice, white rice, cooked red beans, tortillas, chips and salsa. A delicious "Tres Leches" cake will be served for dessert. Please see your Squadron representative to sign up (Club members: \$9.75; non-members: \$11.75). Come celebrate with us!

RELIEF, continued from A1

"There were so many of us that we got the job done twice as fast," Sergeant Lesher said. "We worked on our own in two teams and met at 8 a.m. everyday to touch bases with each other."

Many of the students at Keesler left their personal belongings such as clothes and lap tops in the lodging facilities because that is where they lived while going to school. The clean up effort for the team started with getting their belongings in a central location where the students could come back to claim them.

The Marina clean up was a project that each of the team members remembers quite well. There were four or five boats that had originally been in the Marina and were now on land and in trees from the hurricane.

Within the first week, the Services team got the work that needed to be done on base finished and started on helping those in need off base.

"We helped people, who couldn't help themselves, by getting things done for

free and in a quick amount of time," Airman Chenoa Speed said. "There was a lady we helped that had a huge oak tree on top of her storage shed. We cut down as much as we could and had to leave some of the tree because it was going to crush the shed completely. A tree removal company quoted her around \$12,000 to take it down."

There were people trapped in an apartment building that would take siding off the building to use to write on what they needed such as food, water,

The volunteers would come along, see the signs and drop what they needed for them, Airman Speed said.

"The hardest part was to see a Services troop and their family that lost everything, not even one picture was left for them," Airman Cabrera-Ramirez said. "That hit home."

Everyone on the team felt very proud to be a part of the relief effort and agreed that this was what they signed up for when joining the U.S. Air Force.



A boat from the Marina at Keesler AFB, Miss. was punished by hurricane force winds as it was tossed about and pinned to the ground, upsidedown, under a tree. 92nd Services personnel were sent in to help clean up areas like this.

BRIEFLY

Customer Appreciation Gala and Membership Drive

The gala and drive will be at Club Fairchild Ballroom today from 4:30 to 8:30 p.m. The event is free to Club Members and costs \$3 for Non-Club Members.

There will be wine tasting, free food, door prizes and entertainment. Patrons must be 18 years of age to enter.

For more information, call the Class Six or Club Fairchild at 244-2601 or 244-3622.

Defense tip of the week

For military members facing criminal investigations, it is important that you know what your rights are. These rights are afforded to you under Article 31 of the Uniform Code of Military Justice. By simply listening during a rights advisement you'll learn the following:

- 1) The offense you are suspected of;
- 2) Your right to remain silent; 3) The ways statements can be used
- against you; and

4) Your right to have an attorney. There are no lawful adverse consequences if a person chooses to exercise their rights; it is not an admission of guilt and the member can always chose to make a statement later. If the person asks for a lawyer, all questioning must stop immediately. Any individual faced with this situation it is free to contact the Area Defense Counsel's office for advice. The ADC office is an independent, tenant unit on Fairchild. Just as the legal office advises the investigators, we advise the military member under investigation.

For further information regarding your rights or if you have been read your rights and need an attorney, please call the Area Defense Counsel's Office at 247-2918.

New DSN Telephone Service **Supports Deployed Personnel**

The familiar process of placing an offnet call from DSN telephones has just become a lot easier for those calling toll free numbers, such as area codes 800, 888, 866 and 877. Off-netting, the practice of calling the operator at ones home station from the deployed location and requesting a telephone patch to the commercial telephone network, often involved delays when traffic volumes were high. This new service provides a direct dial capability through a telephone gateway markedly speeding up the process.

While this service benefits all DSN subscribers, those likely to reap the greatest benefits are individuals deployed in overseas locations using a calling card to contact loved ones. To use the new feature pickup the phone and dial the local DSN access code. At the dial tone enter 809-4OFFDSN after which a second dial tone will indicate the telephone switch is ready for a toll free number.

Coats for Kids collection will continue

Collection of coats will continue until Oct. 29 or when the Combined Federal Campaign starts. Distribution will be Oct. 24 to the 29 at the Airway Heights Community Center, 13120 W. 13th in Airway Heights. Parent must be present with their child, who will be receiving the coat; one coat is authorized per child.

Temporary reduction in base veterinary services

The Veterinary Clinic will offer the following limited services until further notice; registering pets as required by Fairchild Air Force Base Instruction 31-105, refill of medications on a case by case basis, over the counter medication, as needed, weight checks and nail trims

Vet Clinic operational hours are Monday through Wednesday 8 a.m. to 4 p.m. The Vet clinic has information on veterinary services within the local community. For further information, call 247-2583.

THIS WEEK IN FAIRCHILD HISTORY

Sept. 30, 1949

A Spokane Air Force Base B-25 pilot stayed with his plane as it crashed near Chattanooga, TN to steer it clear of a heavily populated area. Capt William E. Blair and one other crewmember were killed in the crash while seven parachuted to safety. Fairchild's former elementary school was named in honor of Capt Blair.



Wounded warriors recovering at Brooke Army Medical Center here including (from left to right) Spc. Andy Soules, Army Master Sgt. Tom Carpenter, Sgt. Juan Arredondo and Navy hospital corpsman Derek McGinnis join the official party at the Sept. 22 groundbreaking for the new National Armed Forces Physical and Rehabilitation Center being built here.

Rehab center to target rebuilding lives

By Nelia Schrum

Brooke Army Medical Center Public Affairs

FORT SAM HOUSTON, Texas A former Soldier and his son, now philanthropists, joined wounded warriors and military leaders at Brooke Army Medical Center here Sept. 22 to break ground for two 21-bedroom Fisher Houses and a privately funded rehabilitation center.

Arnold Fisher, honorary chairman of the Intrepid Fallen Heroes Fund and his son, Ken Fisher, chairman of the Fisher House Foundation, joined the wounded warriors and military leaders including Gen. Richard Cody, Army vice chief of staff; Lt. Gen. Kevin Kiley, the Army surgeon general; and Brig. Gen. James Gilman, Brooke Army Medical Center commander, for the ceremony.

The \$40 million rehabilitation center and lodging complex with a projected completion date of January 2007 will serve wounded troops and veterans who have sustained severe injuries requiring

extensive medical care and therapy. The Fisher Houses will provide lodging for the families of the wounded warriors as their loved ones work their way through the recovery process. The houses will be constructed adjacent to the rehabilitation

The Intrepid Fallen Heroes Fund and its sister organization, the Fisher House Foundation, are non-profit organizations dedicated to supporting the men and women of the United States Armed Forces and their families.

Arnold Fisher, a Soldier who served in Korea, said that the wounded service members had made substantial sacrifices.

"I know what these kids have given up and I know we need to stand behind them and we need them to know that we stand behind them," Arnold Fisher said. He added that their esprit de corps, love of country and excitement about getting back to their units were inspirational.

For the full story, visit http://www.af.mil/news/story. asp?storyID=123011945.

Bush opens discussion of expanded DoD role in disaster response

By Donna Miles

American Forces Press Service

WASHINGTON, — President Bush today urged Congress to consider whether the Defense Department should play a lead role in coordinating responses to catastrophic events such as Hurricane Katrina.

Responding to a reporter's question while addressing the energy situation on the Gulf Coast, the president confirmed that he was impressed by his weekend visit to U.S. Northern Command and is considering the plausibility of an expanded military role in disaster

Such a decision would likely require congressional approval and possible changes in the law, but is worthy of discussion and consideration, Bush said. "One of the reasons I went out to NORTHCOM was to see the operations there, to look at how well-organized NORTHCOM is (and) to listen to them talk about lessons learned from ... a major storm like Katrina," the president said. The visit also offered an opportunity "to think about ways for our country to properly respond to a catastrophic event, whether it be a natural catastrophic event or perhaps a terrorist attack," he said. Bush



President George W. Bush (right) talks with Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers, U.S. Air Force, (left) and Acting Deputy Secretary of Defense Gordon England (2nd from left) in the Pentagon on Sept. 22, 2005.

raised the concept of an expanded DoD role in disaster response during a Sept. 25 Hurricane Rita briefing at Randolph Air Force Base, Texas. DoD would naturally assume the leadership role in the case of a terrorist attack, the president said, noting that extensive natural disasters could warrant the same level of response. "That's going to be a very important consideration for Congress to think about," he said. Today Bush said he welcomes "a robust discussion about the best way for the federal government ... to rally assets for the good of the people" under extreme circumstances.

For the full article, visit http://www.defenselink.mil/ news/Sep2005/20050926_2851.html.

Search

and rescue

RANDOLPH AIR FORCE BASE, Texas - Senior Airman Arthur Zingler, a 38th Rescue Squadron pararescueman, helps fellow "PJ" Staff Sgt. Mark Panzera check his rescue equipment while en route to a search area over southern Louisiana. Both Sergeant Panzera and Airman Zingler deployed from Moody Air Force Base, Ga.





Fairchild CONTECTION

UNIFORM CHECK

Pencils and pens must be concealed except when carried in the left compartment of the BDU pocket or in the left pocket of food and hospital white uniforms.

Vol. 9, No. 39

92nd Air Refueling Wing • Fairchild AFB, Wash.

Sept. 30, 2005

There's always a victim

What are you doing to keep you and your family safe?

By Senior Airman Christie Putz

92nd Air Refueling Wing Public Affairs

After a long work week, a twenty-something year old decides to go out to a local club with some friends to have a little fun and put the week behind her.

After spending an hour or two getting ready, the girls hop in their designated driver's car and head to their favorite spot.

At the club, they have a great time dancing and meeting new people. After a while, they decide to sit down for a couple drinks.

They order from their young, female waitress and get back to talking about the other clubs they wanted to visit that night.

At this point, they didn't know they wouldn't make it that far.

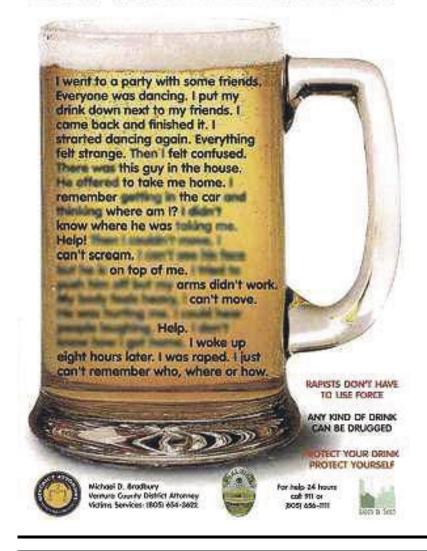
At this point, they didn't know they wouldn't make it that far. Only minutes after taking her first sip, one of the girls starts to complain about nausea.

Thinking it would pass, she tells her friends that she is going to step outside and get some fresh air and that she would catch up with them in a minute

A seemingly nice man outside senses that she's not feeling well and asks if there's anything he can do to help – get her some water, go find her friends, etc. In her quickly worsening state, she can't help but accept his offer

And that's the last thing she remembers from the night...

THE LAST THING I REMEMBER WAS DANCING







This girl was a victim of a date rape drug.

Unfortunately, this type of scene is becoming too common, said Peter Le Grand, the drug demand reduction program manager with the 92nd Medical Operations Squadron.

And it's happening locally – to Fairchild Airmen.

"I think part of the problem is that most military members' idea of a threat is something like you'd see over in Iraq right now – guns, bombs and such," Mr. Le Grand said. "When they're stateside, they tend to let their hair down and relax a little more, maybe too much."

In this case, the girl took most of the obvious precautions, such as assigning a designated driver, going out in a group and not leaving their drinks, but sometimes that's not enough.

Mr. Le Grand stresses a term that most military members have heard at least once during their careers: situational awareness, or simply knowing what's going on around you.

This involves not being too trusting and not being lulled into a sense of false security.

"As laid back as Spokane is, there are a lot of sexual predators that are released here," he said. "You never know who you're dealing with"

Mr. Le Grand suggests staying with a group, or at least one person you know, at all times.

"You also want to order straight from the bar and watch them pour your drinks," he said.

As much as people want to trust the people who work at their favorite places, it's not always a smart thing to do.

"Most waitresses work for minimum wage and make all their money off tips," said Mr. Le Grand. "Some guy could have offered her \$20 to slip something into your drink."

Whether or not she would accept the offer is up to her, and likely the person who ordered the drink wouldn't even know, until it was

"It's not like you can see or smell the drug in your drink," he said. "You're not going to take a sip and think, this tastes funny."

The drugs' colorless, odorless and tasteless properties are some of the main reasons why they are so dangerous. Nearly all people who have been affected never saw it coming.

"It sounds scary, but something as small as a grain of sugar can

kill you," he said.

And it starts working almost immediately.

"Within a half of a minute, most people will black out and then wake up four to five hours later," he said.

Anyone who thinks they may have been drugged should not be embarrassed or scared of getting in trouble. If it was a true case of being drugged unsuspectedly, the chances of the victim seeing any repercussions are very slim, Mr. Le Grand said.

He urges people to contact the Office of Special Investigations as soon as possible if they have been victimized.

From there, OSI can work with Spokane authorities to track down offenders and keep it from happening to other unsuspecting victims.

How can I protect myself from being a victim?

- Don't accept drinks from other people.
- Open containers yourself.
- Keep your drink with you at all times, even when you go to the bathroom.
 - Don't share drinks.
- Don't drink from punch bowls or other large, common, open containers. They may already have drugs in them.
- Don't drink anything that tastes or smells strange. Sometimes, GHB tastes salty.
- Have a non-drinking friend with you to make sure nothing happens.

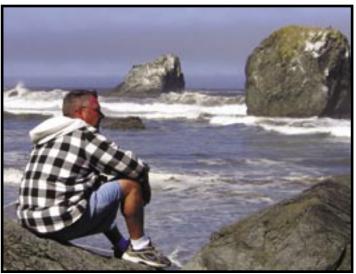
If you think that you have been drugged and raped:

- Go to the police station or hospital right away.
- Get a urine test as soon as possible. The drugs leave the system quickly. Rohypnol leaves the body 72 hours after takeing it. GHB leaves in 12 hours.
- Don't urinate before getting help.
- Don't douche, bathe, or change clothes before getting help. These things may give evidence of the rape.
- You also can call a crisis center or a hotline to talk with a counselor. One Fairchild hotline is the Sexual Assault Response Coordinator Hotline at 247-7272 or 247-4444. Feelings of shame, guilt, fear and shock are normal. It is important to get counseling from a trusted professional.



(Above) Chaplain, Lt. Col. Jeffrey Neuberger captures a juvenile moose munching a lily pad near his home.

(Right) Heather Johnson takes a picture of her husband, Master Sgt. Tom Johnson, enjoying a day at the beach in Bandon, Ore.





Senior Airman KaNita Guidry captures a photo of 15 month-old McKaylee Guidry and Staff Sgt. Kyla Schweikhart kissing kittens. McKaylee is the daughter of Staff Sgt. Bryce Guidry and Senior Airman KaNita Guidry.

PICTURES OF THE WEEK

Photographers should include their name, and a description of what is happening in the photo and submit no later than 10 a.m. Tuesday. For more information, call the Connection staff at 247-5705. To submit photos to the Fairchild Connection, e-mail the highest photo resolution, no less than 72 dots per inch, to fairchild.connection@fairchild.af.mil.

BASE CHAPEL SCHEDULE OF CEREMONIES



9 A.M. **SUNDAYS**

Protestant Contemporary

10-10:15 A.M. **SUNDAYS**

Catholic Reconciliation

10:30 A.M.

SUNDAYS Catholic Mass

12:30 P.M. **SUNDAYS**

Protestant Gospel Services

Weekly Protestant Communion

A weekly service of Protestant Holy Communion is now being offered at the base chapel on

Wednesdays from 11:15 to 11:45 a.m. All interested people are invited. For more information, call 247-2264.

AIR FORCE CROSSWORD

AIR FORCE CROSSWORD



1 hour, 16 minutes

52. ____ Noriega; Peru-

1. Edge

ACROSS

- 4. Agassi org. 7. Scout's org.
- 10. Middle East denizen
- 12. Foreign
- 14. Ship part
- 15. Capsule
- 16. Babysitter 17. Russian river
- 18. Stagnation 20. Mention
- 22. GOP opponent 23. Fibber
- 24. Laughing dogs Pavlovich
- 27. Chekhov
- 30. Ewe sounds
- 31. Actor Chaney 33. Pilots with 5+ kills
- 35. Compass dir.
- 36. Cut up
- 39. Head cover
- 40. Dutch colonist in South Africa
- 42. Pod item
- 43. Backbone
- 44. Thoughts
- 47. Greek letters 49. Olympic medalist
- Katarina
- 51. USAF Intel org.

- born astronaut
- 54. Toils away 57. Moreno; 1st
- actress to win an Oscar, Tony, Emmy, & Grammy
 - 58. ___ Hinojosa; Hispanic award-winning
- journalist
 - 60. Erase
 - 62. Over 63. Jabs
 - 64. Nil
 - 65. Precious stone
 - 66. Observe 67. Capture

DOWN

- 1. Hit
- 2. Eye part
- 3. Beer type 4. Sigh or regret
- 5. Sn on periodic table
- 6. Subject to punishment 7. Dueling VP
- 8. Futon
- 9. Everything
- American singer, actor
- 12. Beasts
- Velazquez; first Puerto Rican woman

14. Dolores ____; leader

elected to Congress

- counterpart
 - 21. Vehicle type

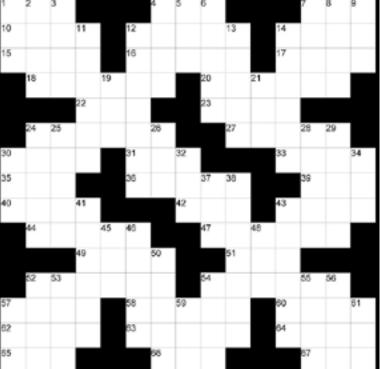
 - camp in Vietnam
 - system
 - winning biochemist
 - 29. Comes close
 - spot, in short
 - 37. Ocean part
 - 38. Saudi Arabian
 - 41. Recover
 - 43. Cesar ____; Hispanic labor leader (Nat'l Farm
 - Workers Assoc)
- 11. Rueben ___; Hispanic 46. Trample
 - 50. Former Russian rulers

- Hispanic American labor 19. Rep. Congressional

- Hilton; POW
- 25. Pitched, as in a ship 26. Center of the solar
- 28. Severo Hispanic Nobel Prize-
- 30. Weekend getaway
- 32. Quick sleep 34. Sault __ Marie
- currencies
- 45. Feel sick
- 48. Actress Zadora
- 52. Credit 53. Molecule

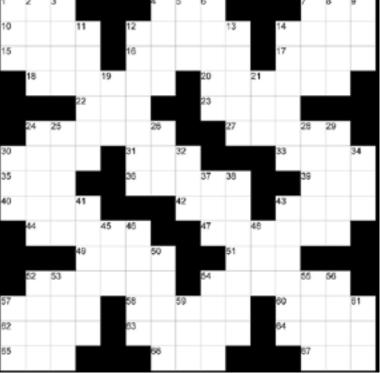
This week's topic:

By Capt. Tony Wickman, Alaskan Command Public Affairs

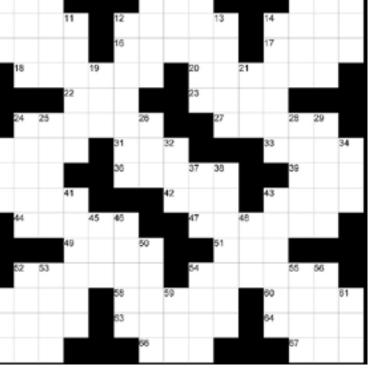


- 54. Profile 55. Paradise

56. Father



Hispanics in history



- 57. Something to clean a mess
- 59. Caviar
- 61. Small child

MOVIES

FRIDAY: Four Brothers

1 hour, 49 minutes

Rated R for strong violence, pervasive language and some sexual content

When their beloved foster mother is killed in a holdup, four tough brothers reunite in their old Detroit neighborhood with revenge on their minds. Mark Wahlberg plays the brawl-hungry leader, Bobby. His brother, Angel, is a rowdy sailor with a high-strung Latina girlfriend. Benjamin is the family man whose tenuous mob connection may link him to the killers.

SATURDAY: Valiant

Rated G

Despite Valiant's small stature, his ambitions are enormous as he keeps a stiff upper beak and endures rigorous training in preparation for a dangerous mission to deliver vital messages to troops behind enemy lines.

OCT. 7: The Skeleton Key

1 hour, 44 minutes

Rated PG-13 for violence, disturbing images, some partial nudity and thematic material

After New Orleans hospice worker Caroline answers a help wanted ad, she finds herself working as the live-in caretaker of Ben Devereaux, a stroke victim who has lost his ability to speak. Ben's wife, Violet, presents Caroline with a skeleton key to open any door in the house—with the exception of one, which she claims she has never been able to open.

OCT. 8: Undiscovered

1 hour, 37 minutes

Rated PG-13 for sexual material including dialogue, partial nudity, language and drug content

When Brier, a successful New York model, moves to Los Angeles to act, the last person she expects to see is Luke, a stranger with whom she had a chance encounter on the New York City subway years before.

Theater doors open at 6:30 p.m. except for the matinee which begins at 2 p.m., and the movie starts promptly at 7 p.m. Children 5 and under are admitted free, 6 to 11 are \$1.75 and adults are \$3.50. Call 247-5600 for a list of movies and times or to leave a message.

EDUCATION CORNER



Registration is underway

Embry-Riddle Aeronautical University's Winter 2005 term registration is underway. The following undergraduate and graduate classes will be offered:

Undergraduate: SFTY 320 – Human Factors in Aviation Safety, MATH 211 – Statistics with Aviation Applications, PHYS 352 - Meteorology, MGMT 325 – Social Responsibility and Ethics, MGMT 419 - Aircraft Maintenance Management, and AMNT 260 – Aircraft Electrical Systems Theory. Graduate: ASCI 603 – Aircraft & Spacecraft Development.

Classes begin Oct. 10. Call 244-3832 for more information, or stop by the Education Center to

Spokane Falls Community College Classes

SFCC Fall II on-base classes begin Oct. 10. Register now. They are offering courses which apply transferable credit to US Air Force Commissioning Programs, Community College of the Air Force and Bachelor of Science and Arts degree goals. For more information, call 533-8937 or stop by the education center office.

Webster University classes

Registration for Fall II is under way. Fall II runs Oct. 17 to Dec. 16. Tuition Assistance will be issued beginning Monday. Webster University offers Master of Arts degrees in Management and Leadership; Human Resources Development; Computer Resources and Information Management and Masters of Business Administration. Call 244-2079, e-mail fairchild@webster.edu or talk with a Webster advisor in room 126 at the Education Center.

Park University classes

Both Onsite and Internet classes for Fall II will begin Oct. 24. Registration for onsite classes is underway and registration is in progress for Online classes. Be sure to register early for classes. More information may be found on the Park University Web site at www.park.edu or contact the Park University, Fairchild Campus Center at 244-2020 or by e-mail to fair@mail. park.edu.

Invitation to alumni

Park University seniors and exceptional juniors are invited to apply for PINNACLE, the Non-Traditional Honor Society Membership. Completed applications are due Oct. 14. Applications and standards for membership are available. For more information, contact Park University, Fairchild Campus Center at 244-2020

New class at Park

Park University, Fairchild Campus Center, now offers a Bachelor of Science Degree in Management/Health Care. For more information, call 244-2020.

Armed Forces Loan Forgiveness Program

This program was created to recognize the bravery, dedication and loyalty of our servicemen and women who served in the aftermath of the Sept. 11, 2001, attacks on our nation. The program will provide a one-time loan forgiveness benefit up to \$2,500 for student borrowers who served in the Armed Forces in an active duty status between Sept. 11, 2001, and June 30, 2005, provided they have an eligible loan and meet eligibility requirements. (1) Served in the Armed Forces in an active duty status between Sept. 11, 2001 and June 30, 2005 (excluding the annual two-week training period). (2) Must have an eligible, nondefaulted loan (s): Pennsylvania Higher Education Assistance Agency Guaranteed and/or AES-owned loans serviced by American Education Services which are either Stafford, Consolidation, Parent Loan for Undergraduate Students, Supplemental Loans for Students, Health Education Assistance Loans, or KeystoneEXTRA. These loans must be disbursed on or before June 30, 2005. (3) Must hold one of four connections to Pennsylvania: (a) Currently a resident of Pennsylvania; (b) A nonresident of Pennsylvania who left a Pennsylvania approved institution of post-secondary education due to a call to active duty; (c) A non-resident of Pennsylvania who was living in Pennsylvania at the time of enlistment; (d) A non-resident of Pennsylvania who enlisted in the military immediately after attending a Pennsylvania approved institution of post-secondary education. How to apply log on to http://www.aessuccess. org/manage/cant_make_payment/alfp_app.pdf. Complete and return the Armed Forces Loan Forgiveness application to: AES Lender School Team, PO Box 2461, Harrisburg, PA 17105-2461, by December 31, 2005.

Test pilot school selection board

The next USAF Test Pilot School selection board will convene at the Air Force Personnel Center Nov. 28 to Dec. 2. New applications must arrive at HQ AFPC/DPAOT3, 550 C A Street West, STE 31, Randolph AFB, TX 78150-4733, NLT 14 Oct 05. Officers who currently have an application on file must also update their application IAW AFI 99-107 by Oct. 14. Applicants should advise supervisors and individuals sending recommendations of application or update deadlines. All officers eligible IAW AFI 99-107 may apply; however, due to PCS policy constraints, the board will only consider applicants made available for reassignment who meet time-on-station eligibility restrictions. Overseas long tour and Continental United States applicants with less than 2 years time on station by class report date, will be reviewed on a case-by-case basis. Overseas short tour applicants will be expected to serve the entire short tour. Air Force Personnel Center will determine assignment availability approximately three weeks prior to the board. Its very important applications include all required information and arrive on time. For more information, contact HQ AFPC/DPAOT3, DSN 665-2306.

Get out this fall/winter with Outdoor Adventure

Outdoor Adventure			Nov. 27 Dec. 3	Kayaking Class Ski Bus	\$25 \$10	
	Schedule	and Price L	ist	Dec. 10	Ski Bus	\$10
	Date	Program	Cost	Dec. 10	Duck/Goose Hunt	\$45
	Oct. 22	Fishing with Mike	\$25	Dec. 17	Ski Bus	\$10
	Oct. 22	Duck/Goose Hunt	\$45	Dec. 18	Kayaking Class	\$25
	Oct. 29 - Nov. 3	•	\$100	Dec. 21	Ski Bus	\$10
	Nov. 12	Duck/Goose Hunt	\$45	Dec. 23	Ski Bus	\$10
	Nov. 13	Kayaking Class	\$25	Dec. 28	Ski Bus	\$10
	Nov. 14	Fishing with Mike	\$25	Dec. 30	Ski Bus	\$10
	Nov. 26	Ski Bus	\$10	-	ormation, call the Oi Program at 247-25	
	Nov 26	Duck/Goose Hunt	\$45	Auventure	Trogram at 247 23	

DINING FACILITY MENU –

	POOD SERVICE						
	TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH	Italian Garden Soup Lasagna Spaghetti w/ Meat Sauce Italian Sausage, Sweet Mashed Potatoes Vegetable Gravy Broccoli Polonaise Cauliflower Italian Style Baked Beans Salad Bar Three Bean Salad Pasta Salad	Pepper Pot Soup Fish Almondine Stir Fry Chicken w/Broccoli Pork Chops w/Mushroom Gravy Rissole Potatoes Rice Pilaf Brown Gravy Calico Corn Club Spinach Fried Okra Fruit Medley Kidney Bean Salad	Cream of Broccoli Soup Ginger BBQ Chicken Fried Shrimp, Seafood Cocktail Sauce Spinach Lasagna Rice, Orange Potatoes Cream Gravy Lima Beans Black Eyed Peas Corn O'Brien Country Style Tomato Salad Jellied Spring Salad	Chicken Noodle Soup Swiss Steak w/ tomato sauce Baked Chicken Sweet Italian Sausage Peppers & Onions Rice, Steamed Potatoes Chicken/ Turkey Gravy Broccoli Polonaise Carrots Cottage Cheese Salad Macaroni Salad	Egg Drop Soup Sweet & Sour Pork Chicken Chow Mein Sukiyaki White Rice Fried Rice Egg Rolls Chicken Gravy Chinese Fried Cabbage Veggie Stir Fry Lemon Sesame Green Beans Simmered Pinto Beans Pasta Salad Kidney Beans	Chicken w/ Rice Soup Caribbean Jerk Chicken Beef Porcupines Chicken Enchiladas Scalloped Potatoes Rice, Steamed Brown Gravy Mexican Corn Peas/Onions Salad Bar Cole Slaw Cottage Cheese Salad	Beef Noodle Soup Orange-Spiced Chops Liver w/onions Tempura Fried Fish Rissole Potatoes Rice, Steamed Mashed Potatoes Brown Gravy Broccoli Peas & Carrots Salad Bar Fruit Salad Potato Salad
DINNER	Italian Garden Soup Mexican Baked Chicken Swiss Steak w/Tomato Sauce Stuffed Pepper Mac. & Cheese Baked Rice, Steamed Vegetable Gravy Corn on Cob Spanish Style Beans Peas & Carrots Three Bean Salad Pasta Salad	Pepper Pot Soup Crispy Baked Chicken Cajun Meal Loaf Steak, Ribeye Baked Potatoes Mashed Potatoes Brown Gravy Broccoli French Style Peas Glazed Carrots Salad Bar Salad Bar Fruit Medley Kidney Bean Salad	Cream of Broccoli Soup Tuna & Noodles Sauerbraten Chicken Breast Parmesan Au Gratin Potato Rice, Steamed Cream Gravy Cauliflower Combo Peas Fried Cabbage Salad Bar Country Style Tomato Salad Jellied Spring Salad	Chicken Noodle Soup Roast Turkey Baked Ham Raisin Sauce Fish & Fries Potatoes Corn Bread Dressing Chicken/ Turkey Gravy Succotash Tempura Vegetables Herbed Green Beans Cottage Cheese Salad Macaroni Salad	New England Clam Chowder Paprika Beef Chicken Fajitas O'Brien Potatoes Rice Steamed Brown Gravy Cauliflower Corn on the Cob Lima Beans Salad Bar Waldrof Salad Spinach Salad	Chicken w/ Rice Soup Pita Pizzas Country Style Steak Fried Chicken Oven Brown Potatoes Mashed Potatoes Brown Gravy Fried Cauliflower Bean Combo Cabbage Salad Bar Cole Slaw Cottage Cheese Salad	Beef Noodle Soup Mr. Z Baked Chicken Pepper Steak Pasta Primavera Mashed Potatoes Rice Steamed Brown Gravy Mixed Vegetables Fried Okra Green Beans Salad Bar Potato Salad Fruit Salad

SPORTS & HEALTH



Fairchild's running track was paved by the 92nd Civil Engineer Squadron and will be rubberized in late October.

Fairchild fitness testing off to a new start

By Senior Airman Nathan Putz

92nd Air Refueling Wing Public Affairs

Fairchild personnel will soon have a more fitnessfriendly test area for the run portion of their Air Force fitness test and a better place just to run, jog or walk.

A new 3/4 mile track, located at Warrior Park, was built following attention brought to various wing leaders that people needed a better place to run, that was more user friendly and less demanding on the body.

Many Airmen voiced concern that the parade grounds are physically difficult to run on because of the concrete surface. Once completed, the new track should help lessen the stress placed on people's

The track is eight feet wide and winds through the park allowing people testing to only have two laps to run. The final phase of the track is scheduled to be completed in late October when a rubberized surface is installed.

Although the track is open for use, people should be aware of the following safety precautions:

• Stretch before and after each run

- Be cautious of the track edges as they may be
- Headphones are authorized but be alert to your surroundings

"During the winter months the track may be closed periodically due to weather," said Jerry Adamietz, the Heavy Repair superintendent. "Cleanup crews will not be able to remove snow from the track due to the rubberized surface."

For more information about the use of the track for fitness testing, contact unit fitness monitors or orderly



FROM THE HAWC'S MOUTH

This week's topic: How can I keep my child in shoes?

With all this back to school shopping, it's hard to find the right shoes for my younger children. Do you have any tips for the vast selection?

While a fully grown adult foot has 28 rigid bones, the developing foot of an infant or toddler is predominantly a network of pliable cartilage that can be formed, or malformed, by the pressures put upon it.

In infants who have not yet begun to walk, optimal development of the feet can be fostered by the use of flexible booties. Just one step above a sock, these shoes offer plenty of protection, but no support. "You don't want to constrict infants' feet," says C. Robert O'Keefe, DPM, a staff podiatrist at Boston Medical Center. "You want them to be able to move. Movement will strengthen their muscles." It is also important to provide an opportunity for exercising the baby's feet. For example, when putting an infant down for a nap, it is best to leave him or her uncovered, or covered loosely with a blanket, as opposed to tucking in the baby tightly. This enables the baby to kick freely and perform other related motions which prepare the feet for weight bearing, Mr. O'Keefe says.

But as crawlers transform into walkers, their feet will develop different needs. With all 20plus pounds of baby treading on them, those tiny one-year old feet (still mostly cartilage until age 4 or 5) will need the benefit of a sturdy, supportive shoe. An effective pair, said Mr. O'Keefe, will have a good arch, as well as a lightweight, flexible sole.

A good choice for new walkers would be something akin to the "Little Yankee" or Stride Rite "Patter" shoes-the traditional white highrises. For those who find these shoes unstylish, there are more fashionable alternatives. Sneakers, with hundreds of styles to choose from, make excellent walking shoes. (Laceups, which hold the shoe close to the foot, are the best option, but slip-ons are acceptable).

While party shoes are acceptable for special occasions, the wrong shoes worn habitually can cause serious problems. Improper arches, ankle problems and poorly made shoes often cause bunions. "Bunions aren't something you're born with," said Mr. O'Keefe of the protrusion on the side of the foot that develops when bone is misaligned. "Most people are

born with healthy feet."

Some shoes, said Mr. O'Keefe, are actually worse than others. Jellies—those flimsy, plastic shoes that little girls sport all summer long-are among the worst offenders of all. "Walking in jellies on city sidewalks is like going barefoot," said Mr. O'Keefe. "There's no support at all and the foot must work very hard." Though the injuries caused by such "fad" shoes may seem subtle today, they can amount to big problems later on. "In my field," said Mr. O'Keefe, "I see people age 50 and up who are struggling with their feet. I often wonder what went on in their younger days to lead them to these problems."

Still, there's more to shoes than style. Since an ill fit can negate all the benefits of a good shoe, finding the right size is essential. A full-service shop can size a foot with either a Brannick or Ritz-Stick measurer. But since shoe sizes tend to vary by manufacturer, an accurate fit can only be assured once the foot is inside the shoe.

A good fit will allow about a half-inch of space in the width and length of the shoe. (When checking length, measure the distance between the second toe and the end of the shoe. The second toe-not the big toe-is the longest.) Thought it may seem that children outgrow the shoes upon leaving the store, Mr. O'Keefe cautions parents against buying shoes that are too big; a loose fit can cause painful calluses and sores by allowing too much movement in the shoe. On the other hand, always err on the side of oversize. Shoes that are too small can cause an abnormal gait that can misalign growing bones in the feet. Mr. O'Keefe said to expect to pay a premium for quality shoes. While bargain-basement footwear abounds, they are often short on quality.

If people have any questions, contact the HAWC at 247-5590.

(Information provided by Boston University Medical Center.)

Send questions to fairchild.connection@fairchild.af.mil **Subject line:** "From the HAWC's Mouth"